

"The point is, that we are willing to grow along spiritual lines"

From Chapter Five of the book, "Alcoholics Anonymous."

The Point

2011
12
December

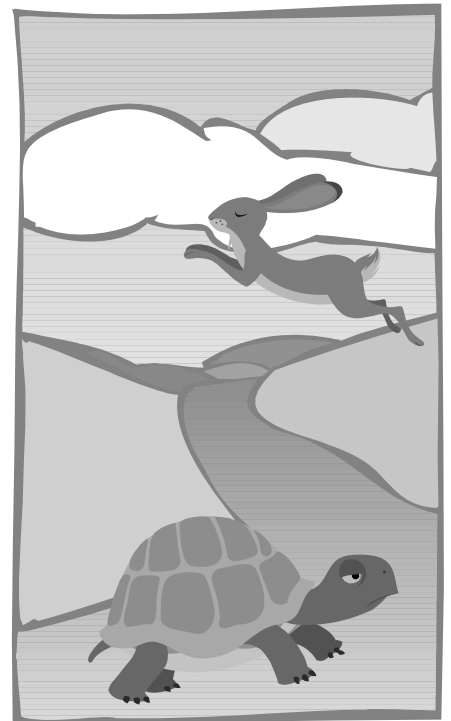
A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point





is published monthly to inform
A.A. members about business and
meeting affairs in the Intercounty
Fellowship of Alcoholics
Anonymous (San Francisco and
Marin Counties). *The Point's* pages
are open to participation by all
A.A. members. Nothing published
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Fellowship Board, the Central
Office, or *The Point* Editorial
Committee. Letters and articles to
help carry the A.A. message are
welcomed, subject to editorial
review by *The Point* Committee.

Sometimes Quickly Sometimes Slowly

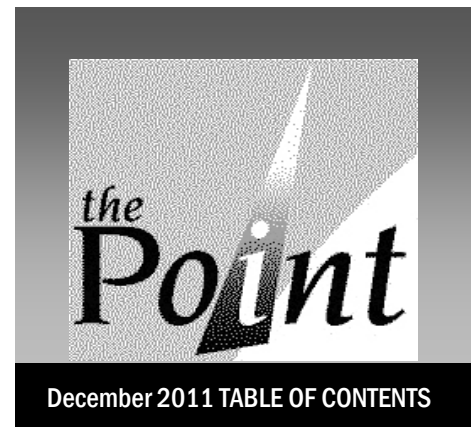


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December 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|---|
| <p><i>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</i></p> <div>     </div> | | | |
| 4 | 5 | 6 <u>FIRST TUE</u> Access Committee Central Office 6pm | 7 <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm |
| 11 | 12 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm | 13 <u>SECOND TUE</u> The Point Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm | 14 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm |
| 18 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day | 19 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm | 20 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm | 21 |
| 25 | 26 | 27 | 28 |
| <p><i>Central Office is closed this week.</i></p> <p><i>All of us at the Intergroup wish you all a very happy— and sober—New YEAR!!!</i></p> | | | |

| THURSDAY | FRIDAY | SATURDAY |
|---|--------|----------|
| 1 | 2 | 3 |
| 8 | 9 | 10 |
| 15 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm | 16 | 17 |
| 22 | 23 | 24 |
| 29 | 30 | 31 |
| <i>See you in 2012!</i> | | |



F.Y.I.

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“A whole lifetime
geared to self-centeredness
cannot be set in reverse all at once.”

12&12 p.73



Meeting Changes

New Meetings:

Th 6:00pm Mission Bay Say Hey Group, 225 Berry Street/4th St. (now meeting five days per week)

Meeting Changes:

Tue 8:00am Pacific Heights TUESDAY'S DAILY REFLECTIONS, 1909 Bush St./Laguna (was at 7:00am)

No Longer Meeting:

Mon 7:30pm Inner Richmond RICHMOND STEP STUDY, 360 18TH Ave./Geary Blvd.

PLEASE NOTE: We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. If you know *anything* about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821. This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to dark, empty rooms. *Thank you for contributing to the accuracy of our schedule!*

The Spirit of San Francisco Annual New Years Eve AA Meeting and Dance

“Disco Extravaganza”
Saturday December 31, 2011

Speaker Tonus from San Francisco, CA
8—9pm AA Meeting
9:30pm -1am Dance

Tickets \$15.00 in advance - \$20.00 at the door

The Janet Pomeroy Center
207 Skyline Blvd.
(Between the SF Zoo and Lake Merced)

Information: (415) 218-7609 or info@spirit-sf.org
Tickets Available on line at spirit-sf.org



SATURDAY DEC 31 ***new year's eve Pajama Party***

aa/al~anon meeting 8PM party 9PM-1am
Harvey Milk Civil Rights Academy
4235 19st between Diamond & Collingwood SF 94114
\$15 donation (parking available \$10/car)

proceeds benefit Living Sober Conference 2012

GOT SKILLS? GOT TIME? BROKE?
WANT TO VOLUNTEER?

email FUNDRAISING@LIVINGSOBER.ORG

DANCING! **PARTY GAMES!** PRIZES!
PAJAMA FASHION SHOW! SURPRISES!
SCARY STORIES! BRING YOUR BLANKEY & PILLOW!

Dance to kooky party classics of every era!
YOUR FABULOUSLY SILLY DESTINATION FOR

SOBER NEW YEARS FUN

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From the Editor

Thank You, Bree

by Jane K.

If you make New Year's resolutions, consider this: there are many service positions going unfilled at our local A.A. Intergroup. Beef up your program in 2012. Resolve to do service outside your group. You'll see a whole new horizon of A.A. activity and meet some new people, too. And if your first reaction is that you don't want to meet new people, you may want to consider if you are isolating, a deadly activity for an alcoholic.

If you have even three or four hours each month, you could take a teleservice shift and respond directly to the alcoholic who is still suffering. If you have three or four hours a week, you could answer phones at Central Office, or come in occasionally and fold schedules. Move outside your comfort zone and volunteer to make a Twelfth Step call, either by phone or in person, by joining our Twelfth Step list (which requires attending a training). Get down to Hospitals and Institutions (one for Marin, one for San Francisco) and check out what shifts are open and where. How about hospitality? If you like to fix food and organize events,

the Fellowship Committee needs you. Have you ever considered telling your experience, strength and hope at drunk driving classes? Check with the Public Information Committee. (Read the article on page 7 for one alcoholic's stretch into service.)

If you already volunteer outside your group, reach around and pat yourself on the back.

It is weirdly fitting that the final regular column written by the innovator who founded our "Meet the Meeting" feature, Bree L., is about meetings at Ozanam Detox (page 13) that has closed since Bree visited on Labor Day. Many will miss their holiday visit to bring in a meeting at Ozanam. And we here at *The Point* mourn Bree's departure. Her good nature, ready laugh, and hard work over many years (even she doesn't know how many) endeared her to the committee, and we trust that she will continue to submit articles when the spirit moves her. When we anthologize "The Best of *The Point*," Bree's story of making amends to her daughter at a nudist camp, "My Nude Ninth," will be the lead story. Thank you, Bree.

EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a summary; for the full editorial policy, please go to www.aasf.org.)



Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

| | | |
|------------------|------------------|----------------|
| Alejandro D. | Karen K. | Philip B. |
| Andrea C. | Kate R. | Ralf & Jocelyn |
| Andy Z. | Kathleen C. | Rich G. |
| Ann & Denise | Kathryn M. | Rick H. |
| Ardella H. | Kevin S. | Robert C. |
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| Evan K. | Maryellen O. | Here! |
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| John G. | Paul M. | |
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If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to *The Point*. And remember, individual contributions are 100% tax deductible!

Fractured Friendship

When One Finds Recovery and the Other Doesn't

by Suzan C.

My last drinking buddy turned into my first sponsor.

Our final night on the town ended with her swerving home across the Golden Gate Bridge and misplacing her car somewhere in Sausalito. Two weeks later, I called, suggesting we visit our favorite bar. She turned me down, stunning me with her reason: "I'm sober now."

Her words hung in the air as I tried to interpret their meaning. I could hear the smile in her voice, as she continued. "I'm in A.A. I've been sober for five days. Do you want to go to a meeting with me?" I manufactured a reason to hang up the phone and sat there on the couch, staring into space. My mind sped through the implications. If she is, then maybe I am. She was far worse ... at least when it came to wine. Maybe it won't last, she's just going through a phase. Would I go to a meeting with her? My mind clamped shut.

A couple of months later, she called me up, sounding strangely chipper again. She was still sober. Did I want to come to dinner? There was no mention of a meeting this time. I

decided to accept the invitation, mainly because she seemed genuinely happy, and it bothered me. Though I would never admit it, I wanted what she had. It seemed she was accomplishing something that had always eluded me – getting clean and sober.

When we met for dinner, it was hard not to stare at her face, which had completely transformed over the last few months. Gone were the puffy eyes, ruddy skin and haggard look. Her eyes were bright and clear and her skin smooth and translucent. She had lost that look my husband sometimes refers to as "tore up." She looked young, healthy and strong. I wanted to chain smoke.

Later, we sat in her bedroom talking. There were papers on the floor. "I'm doing my Fourth Step," she explained. She picked up a page and at random started reading to me about how her mother belittled her and how her own part included complying with her mother's wishes in exchange for money and gifts. She had written about fear, resentment and shame. She had dug deep. Every part of me felt the truth that I needed to do this very thing as well. The truth whispered in my mind: I did not drink for taste or pleasure. I drank to blur memories and obscure regrets, to muffle fear and silence the voices of doubt and despair.

She brought me to my first meeting a few days later and I have been sober ever since. The common bond of A.A. gave us unlimited ways to share our thoughts on things that really mattered: sobriety, a Higher Power, righting our wrongs, seeing our character defects. We talked on the

phone for hours until we both fell asleep, receivers still in our hands. She heard my Fifth Step. We watched each other emerge from the encasement of alcoholism. We dusted off our true selves and stepped out into the open air and

*I've often asked myself
why some people can't
seem to stick with it,
while others can.*

light. Most of all, we celebrated our freedom and the first real measure of self esteem that either of us had ever known. A friend in A.A. speaks of a language of healing and hope that other friends do not know. With any good friend I can share laughter, concerns and even sorrows. Only my A.A. friends know and understand the insidious destructive thinking that lies dormant in me, ready to awaken whenever I am prepared to feed it with a deteriorating spiritual condition.

Her first slip began before I even noticed it. Our conversations gradually began to unfold like a whirlpool, beginning with the program, steps, newcomers and meetings and gradually spiraling toward the center, which consisted entirely of fears, resentment and insecurity. I found myself taking the role of sponsor, trying to steer her to the program's principles to solve her dilemmas. I began to feel like a life coach, parent, and, finally, a voice of reason. By then she was gone, off and running on booze, pills, drugs and men to rescue her.

For years she continued drinking,

(Continued on page 10)





SERVICE AS THE DOORWAY TO GROWTH

by GFG

Service, in my mind, meant “commitment” – and I couldn’t commit to anything when I first got sober. I felt that the sum of all of my other commitments had driven me to drink.

I worked to slowly change my attitude and considered getting a service commitment at a meeting. At first, I didn’t want to be the official set-up person for my home group, so I regularly showed up early to help. I then gained the confidence to volunteer for the post at the next election.

After keeping that commitment for six months (a long time in my mind), I volunteered for another six months of set-up. I was amazed at how a simple task became so valuable for me to perform. I talked to other people who showed up early to help set up. I was being social! Alcoholism is a disease of isolation, and service is a great way to remedy my sense of isolation.

After my one-year A.A. anniversary, I volunteered to be my home group’s treasurer. Again, I questioned myself. Could I be trusted with the group’s finances? What if I messed it up? After six months as group treasurer, I gave the treasurer’s report to the group and disbursed funds.

I was next elected to be the group’s secretary. I had to show up, find speakers, and run each meeting. I learned something valuable from that post. Yes, I could do it! My experiences as secretary have actually helped me to build the skills and gain the confidence to address a room full of people in any venue.

I recently finished working the Twelve Steps with my current sponsor. The phrase “...we tried to carry this message to alcoholics...” meant “more service” to me. My sponsor recommended that I try a different service commitment: I would go to A.A. Central Office to ask how I could help.

I introduced myself at A.A. Central Office, explained why I was there, and I was asked to help fold meeting schedules. I balked at the request. My thoughts were “Don’t you know who I am?” and “Don’t you know what I’m capable of helping you accomplish?” I stood there ready to say, “Thank you but not right now” and walk out, but the word “humility” changed my mind. I replied, “Yes, I’d be happy to.” I was shown what to do, and I began folding schedules. Later, two other alcoholics came in to help with the task. By 6:00 PM, I realized that I had spent a very nice afternoon talking program with other alcoholics while doing the simple, but needed, service of folding meeting schedules.

I was asked whether I was interested in answering the telephone at Central Office. I said yes. I now have a weekly three-hour telephone shift. I have the privilege of speaking to people about alcoholism, helping people find meetings, and listening to people in pain who simply need to talk to another alcoholic who can share his or her experience, strength, and hope. I am proud to be the first voice that suffering alcoholics may hear when they first call A.A. looking for help.

I was asked whether I’d be

interested in also joining *The Point* editorial committee. I like to write, so I said yes. That’s how I got to write two articles for this edition. I look forward to working as part of the editorial committee and helping it to achieve its goals.

The promises just keep on coming if

The promises just keep on coming if we work for them, and doing service is one way that I can try to make them happen for me.

we work for them, and doing service is one way that I can try to make them happen for me. The word “service” no longer holds the negative connotation of making a commitment: it now holds the positive connotation of helping me grow and develop as a sober human being.

TP





Tales of Wisdom and Courage

A Father's Sudden Death

by Gilbert G.

The Serenity Prayer asks for three gifts: serenity, courage, and wisdom. I have recited the Serenity Prayer countless times during my twenty years of sobriety. The prayer itself helps me to calm down and focus: it's almost meditative in nature. When I find myself in a state of fear or anxiety, I try to clear my mind and then recite the Serenity Prayer as many times as I need to feel centered again.

The most challenging period in my sobriety began over two years ago. I received a telephone call from a doctor at a hospital located in Puerto Rico. In Spanish, the doctor proceeded to inform me that my father had died en-route to the hospital emergency room.

Somewhat in a state of disbelief, I asked the doctor to clarify his medical Spanish wording. In English, I asked, "Is he dead?" The doctor answered in the affirmative. I put down the receiver, told my sister the news, and I cried. Yes, there was grief, but I felt something else: anger and fear. I knew that my life had changed forever.

Since that time, I've grown in many ways. I've learned to handle new and complex situations that I previously I had wanted to control everything. I learned to let go of people and outcomes. I learned about serenity and

acceptance: everything that has happened and that will happen is just as it should be. That's when I stopped fighting against what was blocking my perceived goals and started working toward solutions. For example, I stopped trying to fight a condominium association about leasing a commercial property. The solution was to simply sell that property.

I had wanted to control everything

"The courage to change things I can" came next. It took me a while to figure out the condition of my father's estate and what needed to be done. I proceeded with the parts that I was able to manage, but I let the other, unmanageable, parts go. For a while, my pride was an obstacle in letting those unmanageable parts go. I had wanted to control everything. By letting some things go, I was able to focus my energy on the more important issues.

"The wisdom to know the difference" came over time. I assembled a team of people to help me with the various aspects of managing the estate. I had to admit that I could not do it all. I therefore had to turn it over and trust different jobs, or tasks, to

professionals. For example, I turned over many tasks to a lawyer, a real estate agent, and an accountant.

During the past two years, I learned to put all of my faith in my higher power. I use the Serenity Prayer as one of my anchors to sanity. I made use of the A.A. program and found a home group in the San Juan (Puerto Rico) area. I called my sponsor regularly while I travelled, and I shared at the meetings that I attended while in San Juan. All this made the process bearable. I could not have managed it without the tools of the A.A. program nor without the support I get from A.A. meetings wherever I travel.

I now can see an end in sight to resolving this estate. During the past two years, I have concurrently worked through all of the Twelve Steps with my sponsor. This helped me tremendously by forcing me to focus on my A.A. program and my sobriety. Without my sobriety, I would not have been able to accomplish the task of working to resolve this estate.





IF WE WORK FOR THEM

They Are Being Fulfilled Among Us

by Anonymous

There are not many places in A.A. literature where I see the word “always.” It certainly gets my attention when page 84 of the Big Book says the Ninth Step promises “will always materialize if we work for them.” Looking back on the promises, I see that most of them have to do with gaining character assets in place of character defects – freedom, happiness, serenity, peace, usefulness to others, interest in our fellows. What does it mean to “work for” these things?

I sometimes struggle in A.A. trying to decide if I am attempting to fix myself through self-will (not recommended) or if I am engaging in the footwork necessary to co-create with my Higher Power a better way of living based on spiritual principles (strongly recommended). Just as bad motives can hide behind seemingly good deeds, self-will can convince me that my manipulative and self-seeking actions are actually “footwork.”

Nearly all of the promises have come true for me. There are one or two that flicker like light bulbs plugged into faulty sockets. A few of the promises that have materialized fall into the “sometimes quickly” category, but most have been the “sometimes slowly” variety. In most cases, they have come true, but not because I have consciously worked for them.

What seems to happen is that the closer I stay to the program and the more consistently I work the steps and work with others, the more things go right in my life and in my mind. When this happens, there seems to be an overall shift in my engagement with the world. I am more likely to know what to do because I am paying attention to what is going on around me instead of dwelling on my pride, worries and insecurities. The mere fact that I am outwardly focused prevents a lot of missteps.

*Ironically, my “footwork”
has often consisted of
stopping in my tracks.*

On closer examination of the changes and promises that A.A. has delivered, I do see that some “work” has definitely taken place. In addition to working the program, I have worked for the promises by taking some concrete steps using the proper exercise of willpower. For example, in order to lose my fear of economic insecurity, I have had to exercise some restraint around impulse shopping. Just like rash words and actions, impulsive spending beyond my means is less likely to occur if I pause after the first inclination enters my thinking. In this case, the simple act of waiting a

moment and consciously thinking about what I am doing and why, has led to progress away from character defects and toward healing and promises. Ironically, my “footwork” has often consisted of stopping in my tracks.

A lot of my work toward the promises consists of being conscious of my thought process rather than tuning in randomly when the volume seems to turn up. It is so much easier to coast, letting my brain chatter along while I go about my business. When I decide to actively participate in my own thinking and challenge it with statements such as “why do you assume that to be true?” the pain of cognitive dissonance sets in. The old me does not give up easily and starts to offer up all kinds of compelling evidence and justification to perpetuate its negativity and obsessions. But unless I do the work of questioning my “committee,” it will be hard for me to identify self-seeking and allow it to “slip away.” Spiritual growth is simple, but not easy. Yet, it works when I work it. Always.



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The Step None Promises

Nope, It Isn't a Typo

by Tom T.

If you are pain-free about this phase of your slipping, you will be full of pain before you're halfway through. You will know a new frustration and a new unhappiness. You will regret the present and wish to shut the door on it. You will lose serenity and banish peace. There will be no limit on how far down the scale you can go, and you'll see how you are following others into oblivion.

That feeling of uselessness and self-pity will reappear. You will renew interest in selfish things and lose

interest in anyone else. Self-seeking will rise supreme. Your whole attitude and outlook on life will change back for the worse. Fear of people and economic insecurity will visit you. Situations you used to handle intuitively while sober will now baffle and bedevil. You will come to realize that what God has done, you are undoing yourself. Are these extravagant promises? Hell, no. They are being fulfilled quite quickly. They will always materialize. Believe me.



TP

(Continued from page 6)

wrecking cars, getting sick, getting arrested, checking in and out of rehabs all over the country. She'd call from time to time, always chiming, "I'm back!" but it was always short-lived. She could not find the language of the heart we had together as sober friends. The conversations would drift to her weight, her latest boyfriend, people she didn't like at the new facility and tabloid headlines. She would tell me I was lucky not to have relapsed. She said this often, genuine at first, then with increasing bitterness. I've often asked myself why some people can't seem to stick with it, while others can. Two barflies turn sober within months of each other, become sisters in A.A., truly bonded through the Fellowship. One relapses, the other doesn't. Why? There were no real answers.

I reminded myself that carrying the message is a matter of attraction rather than promotion, so I'm not too heavily invested in luring my friend back to sobriety. I can be there when she calls, and I can share my own experience, but I cannot will her into totally surrendering to the program. Nor can I pretend that we are speaking the same language.

Relationships outside of A.A. can be full of depth, meaning, mutual understanding and support. They cannot, however, duplicate the inexplicable magic that happens when one alcoholic reaches out to another in the framework of the fellowship, the Twelve Steps and Twelve Traditions. A relationship with the Power in A.A. is infinite and flawless.

While The Point doesn't typically reprint articles, we do so when, as in this case, it is authored by a member of our local fellowship.

Reprinted by permission from the *Grapevine*, August 2011.

TP

A Short A.A. Genesis Story

by Kurt P.



In the beginning I was a drunk and my life was confusing and destructive.

I came to see the goodness of sobriety in those who had been drunks and no longer were.

With their help, I stopped drinking and it was good.

Everything else is but a humble elaboration of these themes.

TP

.....

*"A continuous look at our assets and liabilities,
and a real desire to learn and grow by this means,
are necessities for us."*

(12&12 p.88)

DECEMBER IN A.A. HISTORY

by MEM

December 1938: The Twelve Steps were written at 182 Clinton St., Brooklyn (in about 30 minutes). Much argument (sometimes heated) ensued over their wording.

December 1939: Rockland State Hospital near Monsey, NY became the first mental hospital to have an A.A. group (started by Bob V.). Dr. Russell E. Blaisdell, superintendent of the hospital, allowed busloads of patients to attend meetings in NY and NJ.

December 1940: Bill W. met Father Ed Dowling, SJ, at the 24th St. Clubhouse. Tom M. (the caretaker of the club) told Bill he was being visited by "some bum from St. Louis." Father Ed (nicknamed Puggy) became Bill's spiritual sponsor and helped start A.A. in St Louis, MO.

December 1945: *Grapevine* announced it would add four pages and raised the subscription rate to \$2.50 per year (\$25 today) or 25 cents per copy (\$2.50 today), starting in January 1946. Bill W. sent a letter to

600 groups that *Grapevine* would be the national A.A. periodical.

December 1945: The Alcoholic Foundation wrote to John D Rockefeller, Jr. and the 1940 dinner guests that A.A. no longer needed their financial help. Big Book royalties could look after Dr. Bob and Bill W. and group contributions could pay the general office expenses. This ended all "outside contributions" to A.A.

December 1947: *Grapevine* carried a notice that an important new 48-page pamphlet titled *A.A. Traditions* had been sent to each group and that enough copies were available for each member to have one free of charge.

December 1955: *Grapevine* center spread exhibited an oil painting by volunteer illustrator Robert M. It portrayed a man on a bed being Twelfth-stepped by two members. The painting's original title was "Came To Believe." In 1973, when the book *Came To Believe* was published, *Grapevine* editors changed the name of the



reproduction to avoid confusion. "The Man On The Bed" would later become one of the most popular images in the A.A. fellowship.

December 1965: Bill W. enthusiastically embraced a campaign to promote vitamin B3 (niacin-nicotinic acid) therapy, thereby creating traditions issues within the fellowship.

December 2001: The first A.A. Special Hispanic Forum was held in Austin, TX.

December 2001: Distribution of the Big Book reached the 22 million mark.

Source: *A Narrative Timeline of A.A. History (Public Version, April 2004)*



A man who'd stayed too long at the bar after work was trying

desperately to catch a train back to his suburban home.

Three times he got on the wrong train.

Each time the conductor told him he would have to take another train.

When he boarded a fourth train he slumped down in a seat beside a clergyman, whose eyes, ears and

nose told him this new passenger had been drinking too much.

He told our besotted friend, "Brother, may I tell you that you are traveling the rough and rocky road to damnation."

To which the drunk replied, "Don't tell me I'm on the wrong train again!"

Promises, Promises

They will dematerialize if we don't work for them

by Jamie M.

My experience with everything in the program is that it only works if you are working it *right now*. Just like a drink, the effect wears off after a while. The gift of sobriety is like being given a plant to care for. It may be a hardy jade plant that can stand a lot of abuse, but you can't completely neglect it. I've had days when my life is miraculous, with spiritual harmony and the ability to "relax and take it easy" and I intuitively did everything right – it just came! On the other hand, I've had sober days when I was making heavy going of life – and hating all the cliché sayings from the Big Book.

But it always comes back to working one or more (usually several) of the steps. I have to turn my will and life over to the care of a Higher Power that I *don't* understand but frequently *can* feel as part of my life; pray or meditate; take an instant inventory; watch out for fear, self-centeredness, resentment, and dishonesty; and be of service to others – not limiting myself to the alcoholic who still suffers. If I

succeed in helping the alcoholic who still suffers, that's my reward. But now that I'm sober more than fifteen minutes, I'm supposed to be a worker among workers and a friend among friends – another cliché, but a



*If I have a good program,
fear of economic insecurity leaves me.*

reminder that to only be of service within the fellowship is a form of selfishness and dishonesty.

And I have to remember that my personal history suggests that I don't have a great relationship with the concept "more." On the one hand, I am prone to thinking that the world

owes me, and on the other hand, I'm prone to not feeling it when I'm loved by others. Without the program to guide me, this is a sad state of affairs. With the program to guide me into action – not thinking – everything can

work out. Perhaps there are better Big Book scholars out there who will tell me where it says everything will be all right all of the time, but my impression of the program is that it gets me through times where everything is sideways, but doesn't give me the free pass to get through life without any problems. If I have a good program, fear of economic insecurity leaves me. If I don't, it comes back. If I have a good program *right now*, I'm intuitively able to handle situations. And so on.

My favorite cliché (right now; ask me again in an hour and it will change) from

the oral tradition of the rooms is this one: "They didn't open the gates of Heaven and let us in; they opened the gates of Hell and let us out." When I'm grounded in humility, this is enough, and that's another of the concepts that I wasn't very good at when I was out there.

JP

Meet THE MEETING

by Bree L.

At the time of press, Ozanam Detox Center in San Francisco has closed.

The Ozanam Detox Holiday meetings were previously held from 10-11 AM on selected major holidays, at 1175 Howard St. .

The Ozanam Detox meeting is a special assemblage that occurs only on designated holidays. Members of A.A. bring a meeting to this city-run detox center. They are held on New Year's Eve, Easter, the Fourth of July, Labor Day, Thanksgiving and Christmas. These days were chosen because people are not generally working on those days.

The Ozanam Center is named after Frederic Ozanam who is the primary founder of the St. Vincent de Paul Society. He lived during the early 1800s, and was beatified by Pope John Paul II in 1997.

The Ozanam Center has two floors for treatment. The bottom floor is for de-toxing and the recommended stay for this phase is a week. Clients then graduate to the second floor, or rehabilitation phase, which offers all manner of things to keep a person clean and sober. Over Labor Day there was an announcement for a yoga class as well as meetings and chemical dependency education. Since this is a city-run center, all are welcome.

Paul P., Ben W. and Ted R., started the meeting over twenty five years ago, knowing that the detox center needed one. There are traditionally two coordinators (a man and a woman), who work together and manage each meeting. The current coordinators are Mana P. and

Ozanam Detox Holiday Meeting

Thomas P. Traditionally one brings the donuts while the other is a greeter. At each meeting the secretary is chosen for the next holiday, again alternating between men and women.

Mana tells of being recruited for her position by Paul P. He took her under his wing and told her, "Eighty percent of those who do H&I stay sober." That was enough incentive for her to take on the coordinator position. She sees her role as a backstage director because there is a reliable core group of those who attend every holiday. Her job is just to set the stage.

The meeting's format is unique in that there is a welcome, followed by a moment of silence and then recognition of newcomers and visitors. This is immediately followed by a discussion, and the secretary selects each speaker. Consequently, there is almost a full hour of attendees sharing their experience, strength and hope. The meeting ends promptly at eleven. All are asked to help stack chairs so people can exit quickly.

It is predominantly a discussion meeting and many of the participants are graduates of the program. They view returning to Ozanam for these meetings as a way to give back to this program. Consequently, most of the shares center around the experience, strength and hope of those without insurance or other choices when they wanted to get sober.

Sprinkled in with the regulars are a few visitors. Betsy H., and Gunar H., visitors from Florida, said they were just looking for a good Labor Day weekend meeting. Thomas P. told of how he missed the International meeting in San Antonio and landed at Ozanam. He now comes to every meeting as a regular.

Most often this meeting is standing room only. People are advised to be there early. Also, be forewarned that although it is a declared holiday, the DPT people have their own ideas about legal holidays. After the meeting, many of the cars along Howard Street were sprouting parking tickets, including mine.

TP



IFB meeting summary – November 2011

The IFB is the Board of Directors for our local AA Central Office (San Francisco and Marin Counties)

The following meetings (and *service entities*) have registered Intergroup Representatives who attended the last IFB meeting. If your meeting was not represented, consider electing an Intergroup (IFB) Representative and /or an alternate so your meeting is effectively represented

| | | | | | |
|--------------------------|----------------------------|-------------------|-----------------------|-----------------------|------------------|
| Any Lengths | Each Day A New Beg (Su) | Huntington Square | Noon Smokeless | Sunset 9'ers (Sunday) | Too Early |
| Attitude Adjustment Hour | Embarcadero Group | Join The Tribe | Saturday Easy Does It | Sunset Speaker Step | Tuesday Chip |
| Blue Book Special | First Place | Keep It Simple | Sesame Steps | Ten Years After | Walk Of Shame |
| Come 'n Get It! | Friday Morning 12 Steppers | Live & Let Live | Sober 5150's | They Stopped In Time | Waterfront |
| Cow Hollow Men's Group | Haight Street Blues | Marin Stag | Step Talk | Thursday Thumpers | Women's Promises |
| Each Day A New Beg (M-F) | High Noon (Mon) | Marina Discussion | Sunday Rap | Tiburon Haven | |

Held at St. Andrew's Presbyterian Church, 101 Donahue St., Marin City, CA

This is an unofficial summary of the November, 2011 IFB meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "IFB" on our website aasf.org.

The purpose of the Intercounty Fellowship of Alcoholics Anonymous is to carry on the movement of Alcoholics Anonymous (A.A.) in keeping with the intent and spirit of the Fellowship as exemplified in the books Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and Alcoholics Anonymous Comes of Age. The Intercounty Fellowship has been organized by, and is responsible to, the member groups of A.A. in San Francisco and Marin for the purpose of coordinating the services that individual groups cannot provide.

IFB Officer Reports

IFB Chair, Margaret J. Tonight we'll vote on the bylaws! Unity day was super fun. Focus was in the many ways to do service

IFB Treasurer, Michelle C. For the month of September Group Contributions were \$595 under budget; Individual Contributions were \$290 under budget. YTD contributions were \$6035 under budget.

Operating expenses were \$239 under. Total operating expenses remain 6.9% under budget.

September finished with a monthly deficit of \$2,334, while YTD deficit was \$12,371. Unrestricted cash decreased by \$4473 to \$18,646.

Regarding Contributions, in general 2/3 of money comes from SF, while 1/3 usually comes from Marin. There has been a significant drop from Marin groups not contributing regularly to Central Office.

New Business

Bylaws Vote, Michael P. The proposed change to our Bylaws has been presented twice per original Bylaws requirements. Additional special meeting was held at CO to go over changes in more detail on October 26. Primarily the change turns the larger body into a service organization. The proposed changes are available online under aasf.org/ifbinfo.cfm

A voting quorum of 36 eligible voters was present.

Rich G. motions to accept, Charley D. seconds. All in favor, no abstentions. The new By-laws pass, effective November 2, 2011! All members, now Intergroup Reps, are encouraged to discuss with their groups at next business meeting their length of terms. Under new Bylaws each group determines terms for IGRs, with number of consecutive terms also by group conscience.

Online Contributions Now there are two ways to make a contribution online; as a meeting representative, or as an individual. Test it out and make a contribution at the following link through aasf.org: [Online Group and Individual Contributions](#)

IFB Officer Reports

COC Report, David S. There is a vacancy at Central Office. COC will meet on Friday, November 4 to discuss budget and best practice in replacing the position.

QuickBooks conversion; Due to issues

during initial conversion, will rerun the conversion at the end of the year.

Two vacancies on COC. Process in new Bylaws regarding vacancies on the board: New board of directors, (now former COC members) would make recommendations for candidates to fill the vacant positions for remainder of the term, candidates to be brought before the Intergroup for consideration and approval.

Central Office Manager's Report, Maury P. Last COC meeting was spent discussing the Central Office staff position. Meeting again Friday to discuss preliminary budget and how to fill position. The open staff position will go out in usual formats (Point, Buzz, etc.)

Central Office Volunteer Party, Saturday Nov. 12, those available please come at 6:00 PM for setup. We need 5 for setup, 5 for breakdown. Volunteers appreciated.

Other News: All but one phone shift filled, many new volunteers from Unity Day. One year sobriety requirement, contact Maury during office hours.

CO will be closed Friday Nov 11, Veterans Day. Also for Thanksgiving November 24-25.

Alano Club had previously secured a grant for an ASL translator, which has run out. CO is being asked to pay for translator. Working on fulfilling request while also maintaining integrity with interpreters.

Liaison Reports

H&I SF, Lynn D. October statements are available, includes all of Northern California. Contributions remain down about 20%. Encourage meetings to keep contributions to the pink can flowing.

Individual Contributions

to Central Office were made through July 15, 2011
honoring the following members:

ONGOING MEMORIALS

Jonathan L., Dick O'L., Matt S., Lyle W.

ANNIVERSARIES

Martha S.—47 years

Shirley K.—43 years

High Noon: Rodger H.—20 years

Suzanne E.—14 years, Eric P.—8 years

H&I meeting and orientation is held on last Thursday of every month at 7:00 PM except for this November, when it will be on the 17th. There will be no business meeting in December.

There are 40 new service positions available with local jails such as 850 Bryant. Requirement is two years sobriety, as well as additional legal clearance.

Will be having a turnover in one of the co-chair positions in SF at end of November. Current positions are co-chair in literature, jails, rehabs and hospitals.

See H&I Northern California website:
Handinorcal.org

Marin H&I, Bonnie T. Marin county jail to have another men's and women's meeting night. Will start taking applications for service in these service opportunities.

Marin H&I are working in spirit of rotation by having positions be two-year commitments with a possible second term. This required a change to the By-laws.

Bridging the Gap, Cheryl. BTG hooks up volunteers with someone getting out of facility or rehab and takes them to their first meetings. Need volunteers on all levels who can put together spreadsheets, organize volunteers and match people up. Next orientation is November 8, (second Tuesday of each month at 7 PM (new time), at St. Marks Church at Franklin and O'Farrell.

San Mateo General Service Liaison, Frank S. Area 6 Assembly to be held No-

vember 6, 2011 at Saroyan Hall, 825 Brotherhood Way.

There will be an Alcolthon at 5th and O'Neil, Belmont through Thanksgiving weekend.

Meet the Meeting. We heard from:

Marina Discussion Group, Robert S. Meets Friday 7:30 Union/Steiner, St. Mary's Church.

Thursday Thumpers, Bruce K. Meets Thursdays, 7:00 PM at 1345 Ocean Avenue.

Sober 5150s, Mary W. Meets every wed 7:30-8:30 at 250 Laguna Honda Blvd.

Next Month Meet the Meeting Volunteers: Joe M., Each Day a New Beginning; Nancy W., Huntington Square; Dan N., Cow Hollow Men's Group; Carlin H., Ten Years After; Phil L., Tiburon Haven

Next Meeting is on Wed., Dec. 7, 2011 at **First Unitarian Universalist Church, 1187 Franklin at O'Farrell, SF**

*Treasurers and any member of the Fellowship can now make Group and *Individual contributions (*tax deductible!) to Central Office online using MC/ Visa or a debit card at www.aasf.org/contributions. Give it a try. Let us know what you think.*

COMMITTEE CONTACTS

The following is a list of names and email addresses for IFB Officers and for most of the IFB committees. If you are interested in doing service on a committee, or if you wish to receive more information about a committee, please email that committee at the address.

INTERGROUP OFFICERS:

CHAIR

Margaret J. chair@aasf.org

VICE CHAIR

Rich G. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Thayer W. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

TBD coc@aasf.org

12th STEP COMMITTEE

Gloria E. 12thstep@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

FELLOWSHIP COMMITTEE

Michelle A. fellowship@aasf.org

THE BUZZ

Li L. thebuzz@aasf.org

THE POINT

Charley D. thepoint@aasf.org

ACCESS COMMITTEE

Muriel P. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Ted R. tsw@aasf.org

WEBSITE COMMITTEE

David S. website@aasf.org

PI/CPC COMMITTEE

Glen R. picpc@aasf.org

SF TELESERVICE COMMITTEE

Seth H. sfteleservice@aasf.org

aa group contributions

| Fellowship Contributions | Oct. 11 | YTD | Marin Contributions | Oct. 11 | YTD | San Francisco Contributions | Oct. 11 | YTD |
|---------------------------------------|----------------|----------------|---|----------------|-----------------|---------------------------------|---------|---------|
| ACYPAA | | \$1,674 | On Awakening 7D 530am | | \$ 347 | 130 Smokeless M 130pm | | \$ 9 |
| Brisbane Breakfast Bunch | \$ 26 | \$ 284 | Pathfinders Tu 12pm | | \$ 171 | 130 Smokeless Th 130pm | | \$ 5 |
| Contribution Box | \$ 50 | \$ 514 | Primary Purpose W 830pm | | \$ 151 | 330 Smokeless F | | \$ 13 |
| FELLOWSHIP GROUP CONTRIBUTIONS | | \$ 77 | Quitting Time MWF 530pm | | \$ 780 | 330 Smokeless M | | \$ 9 |
| IFB | \$ 85 | \$ 938 | Refugee Th 12pm | \$ 30 | \$ 210 | 330 Smokeless Su | | \$ 22 |
| Total Fellowship Contributions | \$ 161 | \$3,487 | Reveille 5D 7am | | \$ 99 | 330 Smokeless W | | \$ 25 |
| | | | Rise N Shine Sun 10am | | \$ 446 | 515pm Smokeless M | | \$ 12 |
| Marin Contributions | Oct. 11 | YTD | San Geronimo Valley Book Study F 8pm | | \$ 127 | 515pm Smokeless Sa | | \$ 10 |
| 12 & 12 Study Sa 815am | | \$ 479 | San Geronimo Valley M 8pm | | \$ 140 | 515pm Smokeless Su | | \$ 13 |
| Attitude Adjustment 7D 7am | \$ 527 | \$2,683 | Saturday Women's Speaker Sa 6pm | | \$ 393 | 515pm Smokeless W | | \$ 36 |
| Awareness/Acceptance M 1030am | | \$ 200 | Sausalito 12 Step Study Group | | \$ 386 | 6am Dry Dock 7D | | \$ 150 |
| Bolinas Step Study W 8pm | | \$ 71 | Sausalito Sober Sisters Th 330pm | | \$ 229 | 6am Dry Dock F | | \$ 53 |
| Closed Women Step Study Tu 330pm | \$ 102 | \$ 439 | Serendipity Sa 11am | | \$ 403 | 6am Dry Dock Sa | | \$ 81 |
| Cover to Cover W 730pm | | \$ 337 | Sisters In Sobriety Th 730pm (M) | | \$ 90 | 6am Dry Dock Th | | \$ 89 |
| Creekside New Growth Sun 7pm | \$ 16 | \$ 99 | Six O'Clock Sunset Th 6pm | \$ 164 | \$ 542 | 6am Dry Dock W | | \$ 96 |
| Crossroads Sun 12pm | | \$ 450 | Sober & Serene F 7pm | | \$ 243 | 7am As Bill Sees It Fri | | \$ 101 |
| Day At A Time 7D 630am | | \$ 235 | Sober Sisters Wed 12pm | | \$ 149 | 7am Grab Bag M 7am | | \$ 195 |
| Downtown Mill Valley F 830pm | | \$ 886 | Spiritual Testost. Sun Men's Stag Su 830a | | \$ 395 | 7am Living Sober W 7am | | \$ 14 |
| East San Rafael Big Book | | \$ 173 | Steps to Freedom M 730pm | | \$ 394 | 7am Smokeless Sa 7am | | \$ 9 |
| Experience, Strength & Hope Sa 6pm | | \$ 78 | Steps To The Solution W 715pm | | \$ 103 | 7am Smokeless Su 7am | | \$ 150 |
| Freedom Finders F 830pm | | \$ 263 | Stinson Beach Fellowship Th 8pm | | \$ 150 | 7am Speaker Discussion Th 7am | | \$ 461 |
| Friday Night Book F 830pm | \$ 178 | \$ 518 | Sunday Express Sun 6pm | \$ 150 | \$ 600 | 7am Step Discussion Tu 7am | | \$ 109 |
| Friday Night Gay Men's Stag F 830pm | \$ 96 | \$ 96 | Sunday Night Corte Madera Sun 8pm | | \$ 273 | 830am Smokeless F 830am | | \$ 359 |
| Girls Night Out W 815pm | | \$ 82 | Sunlight of the Spirit Th 7pm | | \$ 150 | 830am Smokeless Th 830am | | \$ 20 |
| Gratitude Tu 8pm | | \$ 263 | T. G. I. Tuesday 6pm | | \$ 78 | 830am Smokeless Tu 830am | | \$ 382 |
| Happy Destiny F 7pm | | \$ 178 | Terra Linda Group Th 830pm | | \$ 250 | 830am Smokeless W 830am | | \$ 38 |
| Happy Hour (Marin) Th 6pm | | \$ 78 | Terra Linda Thursday Men's Stag Th 8pm | | \$ 45 | 830pm Smokeless W 830pm | | \$ 7 |
| Happy, Joyous & Free 5D 12pm | | \$2,500 | The Barnyard Group Sa 4pm | \$ 187 | \$ 239 | A is for Alcohol Tu 6pm | \$ 36 | \$ 273 |
| High & Dry W 12pm | | \$ 150 | There is a Solution Tu 6pm | | \$ 133 | A New Start F 830pm | | \$ 300 |
| Intimate Feelings Sa 10am | | \$ 154 | Three Step Group Sa 530pm | \$ 200 | \$ 400 | A Step Beyond Th 6pm | | \$ 299 |
| Inverness Sunday Serenity Su 10am | | \$ 113 | Thursday Night Book Club Th 7pm | | \$ 22 | A Vision for You (SF) Su 630pm | | \$ 120 |
| Island Group Th 8pm | | \$ 330 | Thursday Night Miracles Th 830pm | \$ 75 | \$ 75 | AA As You Like It Tu 530pm | | \$ 88 |
| Just Can't Wait 'til 8 M 630pm | | \$ 125 | Thursday Night Speaker Th 830pm | \$1,200 | \$ 2,298 | AA Step Study Su 6pm | | \$ 23 |
| Living in the Solution F 6pm | | \$ 381 | Tiburon Beginners & Closed Tu | \$ 355 | \$ 1,055 | Acceptance Group M 530pm | | \$ 60 |
| Marin City Groups 5D 630pm | \$ 336 | \$ 913 | Tiburon Haven Sun 12pm | | \$ 150 | Afro American Beginners Sat 8pm | | \$ 524 |
| Mill Valley 7D 7am | \$ 646 | \$2,099 | Tiburon Women's Candlelight W 8pm | | \$ 753 | After Work Big Book M 6pm | | \$ 269 |
| Mill Valley Discussion W 830pm | | \$ 315 | Tuesday Chip Meeting Tu 830pm | \$ 350 | \$ 350 | After Work M 6PM | \$ 115 | \$ 275 |
| Monday Blues M 630pm | | \$ 400 | We Have a Solution F 7pm | | \$ 126 | Agnostics & Freethinkers Su 630 | | \$ 72 |
| Monday Night Madness M 6pm | | \$ 150 | We, Us and Ours M 650pm | \$ 100 | \$ 350 | Alumni W 830pm | | \$ 302 |
| Monday Night Stag (Tiburon) 8pm | | \$1,777 | Wednesday Night Candlelight W 8pm | | \$ 56 | Any Lengths Sat 930am | | \$ 537 |
| Monday Night Women's M 8pm | | \$ 499 | Wednesday Night Speaker Disc 7pm | | \$ 22 | Ariana Cafe Group M - F | | \$ 100 |
| More Will Be Revealed F 12pm | | \$ 200 | Wednesday Sundowners W 6pm | | \$ 200 | Artists & Writers F 630pm | | \$2,395 |
| Morning Attitude Adjustment | | \$ 90 | What's It All About F 12pm | | \$ 450 | As Bill Sees It Th 6pm | | \$ 988 |
| Nativity Monday Night Big Book M 8pm | \$ 100 | \$ 400 | Women's Big Book Tu 1030am | \$ 200 | \$ 680 | As Bill Sees It Tu 1210pm | \$ 180 | \$ 300 |
| Newcomers Step M 730pm | | \$ 330 | Women's Lunch Bunch F 12pm | | \$ 100 | Ass in a Bag Th 830pm | | \$ 101 |
| Noon Hope F 12pm | | \$ 152 | Women's Step Study Group M 12pm | | \$ 75 | Be Still AA Su 12pm | | \$ 611 |
| Noon Small Room 5D 12pm | | \$ 130 | Working Dogs W 1205pm | | \$ 500 | Beginners 12 x 12 F 7pm | | \$ 300 |
| Noon Tu 12pm | | \$ 100 | Young People's Chopsticks Sa 1030pm | | \$ 44 | Beginners' Step Study Sat 630pm | \$ 24 | \$ 382 |
| North Marin Speaker Sun 12pm | | \$ 170 | Memorial Group Contribution | | \$ 267 | Beginners Tu 630PM | | \$ 20 |
| Novato Monday Stag M 8pm | | \$ 15 | Total Marin Contributions | \$5,012 | \$34,787 | Beginner's Warmup W 6pm | | \$ 139 |

| San Francisco Contributions | Oct. 11 | YTD | San Francisco Contributions | Oct. 11 | YTD | San Francisco Contributions | Oct. 11 | YTD |
|---------------------------------------|---------|---------|-----------------------------------|---------|---------|-------------------------------------|---------|---------|
| Bernal Big Book Sat 5pm | | \$ 772 | Haight Street Explorers Th 630pm | | \$ 160 | Raising the Bottom W 9pm | \$ 88 | \$ 228 |
| Bernal New Day 7D | \$ 279 | \$2,711 | Happy Hour Ladies Night F 530pm | | \$ 103 | Reality Farm Th 830pm | \$ 120 | \$ 487 |
| Big Book Basics F 8pm | | \$ 569 | High Noon Friday 1215pm | \$ 8 | \$ 262 | Rebound W 830pm | | \$ 60 |
| Big Book Study Su 1130am | \$ 79 | \$ 636 | High Noon Monday 1215pm | | \$ 293 | Refugee Th 12pm | | \$ 60 |
| Blue Book Special Su 11am | \$ 105 | \$ 223 | High Noon Saturday 1215pm | | \$ 516 | Relapses, Rebounds, Retreads... | \$ 70 | \$ 70 |
| Brokers Open Book Tu 130pm | | \$ 225 | High Noon Sunday 1215p | \$ 191 | \$ 292 | Richmond Big Book Study Th 730pm | | \$ 6 |
| Buena Vista Breakfast Su 12pm | | \$ 71 | High Noon Thursday 1215pm | \$ 48 | \$ 488 | Rigorous Honesty Th 1205pm | | \$ 90 |
| By the Book Sa 10am | | \$ 29 | High Noon Tuesday 1215pm | \$ 88 | \$ 190 | Saturday Afternoon Meditation 5pm | | \$ 495 |
| Came to Believe 830am M 830am | | \$ 60 | High Noon Wednesday 1215pm | | \$ 25 | Saturday Beginners Sat 6pm | | \$1,313 |
| Came To Believe Su 830am | | \$ 134 | Hilldwellers M 8pm | | \$ 407 | Saturday Big Book Sa 2pm | | \$ 21 |
| Came to Park Sat 7pm | \$ 120 | \$ 510 | How Was Your Week? Sa 10am | | \$ 151 | Saturday Easy Does It Sa 12pm | | \$1,003 |
| Castro Discussion (Show Of Shows) | | \$ 466 | Huntington Square W 630pm | \$ 125 | \$ 776 | Saturday Matinee Sa 2pm | | \$ 40 |
| Castro Monday Big Book M 830pm | | \$ 48 | Join the Tribe Tu 7pm | \$ 701 | \$1,602 | Saturday Night Regroup Sat 730pm | | \$1,283 |
| Castro Nooners F 12pm | | \$ 85 | K.I.S.S. M 6pm | | \$ 114 | Say Hey Group M, Tu, F 6pm | | \$ 376 |
| Cocoanuts Su 9am | | \$ 484 | Keep Coming Back Sa 11am | | \$ 684 | Second Chance Th 215pm | | \$ 35 |
| Code Blue Big Book Study W 7pm | | \$ 178 | Let It Be Now F 6pm | | \$ 109 | Serenity House | \$ 150 | \$1,500 |
| Common Welfare Th 8pm | | \$ 368 | Light Steppers Su 7pm | | \$ 60 | Serenity Seekers M 730pm | | \$ 494 |
| Cow Hollow Men's Group W 8pm | \$ 360 | \$ 798 | Like A Prayer Su 4pm | | \$ 199 | Sesame Step Tu 730pm | | \$ 28 |
| Creative Alcoholics M 630pm | | \$ 195 | Lincoln Park Sat 830pm | | \$ 40 | Shamrocks & Serenity M 730pm | \$ 580 | \$ 927 |
| Dark Secrets F 10pm | | \$ 19 | Live and Let Live Su 8pm | | \$ 150 | Sinbar Su 830pm | | \$ 127 |
| Design For Living - BB 5D 730am | | \$ 33 | Living Proof Th 630pm | | \$ 80 | Sisters Circle Su 6pm | | \$ 562 |
| Design For Living BB Tu, Th 730am | | \$ 120 | Living Sober W 8pm | | \$ 254 | Sober at State MW 1210pm | \$ 150 | \$ 400 |
| Design for Living Sat 8am | | \$ 218 | Living Sober with HIV W 6pm | | \$1,186 | Sober Saturday Sa 830am | \$ 78 | \$ 404 |
| Diamond Heights Tu 830pm | | \$ 125 | Lots Of Parking Su 6pm | | \$ 20 | Sobriety & Beyond W 7pm | | \$ 139 |
| Dignitaries Sympathy W 815pm | | \$ 180 | Luke's Group W 7pm | | \$ 124 | Sometimes Slowly Sa 11am | | \$ 321 |
| Doin' the Deal Sun 10pm | \$ 60 | \$ 60 | Meeting Place Noon F 12pm | | \$ 209 | Sought to Improve Th 715pm | | \$ 132 |
| Dry Dock Discussion M 830pm | | \$ 24 | Meeting Place Noon W 12pm | | \$ 604 | SFPOA Th 7pm | | \$ 371 |
| Each Day a New Beginning F 7am | | \$1,765 | Mid Week Sanity W 630pm | | \$ 11 | Spirit of San Francisco | | \$ 90 |
| Each Day a New Beginning M 7am | | \$1,292 | Mid-Morning Support Su 1030am | | \$1,162 | St. Francis Men's F 830pm | | \$ 240 |
| Each Day A New Beginning Su 8am | | \$1,339 | Midnight Meditation Sat 12am | | \$ 129 | Step Talk Su 830am | | \$ 335 |
| Each Day a New Beginning Th 7am | | \$ 868 | Miracle (Way) Off 24th St W 730pm | | \$ 41 | Steppin' Up Tu 630pm | \$ 184 | \$ 614 |
| Each Day a New Beginning Tu 7am | \$ 407 | \$ 900 | Mission Terrace W 8pm | | \$ 124 | Stonestown M 8pm | | \$ 148 |
| Each Day a New Beginning W 7am | | \$1,244 | Monday Beginners M 8pm | \$ 66 | \$ 741 | Sunday Bookworms Sun 730pm | | \$ 442 |
| Early Start F 6pm | | \$2,372 | Monday Monday M 1215pm | \$ 84 | \$ 248 | Sunday Morning Gay Men's Stag | | \$ 902 |
| Easy Does It Tu 6pm | | \$ 96 | Moving Toward Serenity W 830pm | | \$ 202 | Sunday Night 3rd Step Group 5pm | \$ 334 | \$ 334 |
| Embarcadero Group 5D 1210pm | \$ 114 | \$1,342 | New Friday Big Book F 12pm | | \$ 116 | Sunday Night Castro SD Su 730pm | | \$ 219 |
| Epiphany Group Th 8pm | | \$ 180 | New Life W 7pm | \$ 150 | \$ 150 | Sunday Rap Sun 8pm | | \$ 307 |
| Eureka Step Tu 6pm | | \$ 76 | Newcomers Group Tu 7pm | | \$ 20 | Sunday Silence Su 730pm | \$ 20 | \$ 172 |
| Eureka Valley Topic M 6pm | | \$ 213 | Newcomers Step M 730pm | | \$ 360 | Sundown W 7pm | | \$ 668 |
| Excelsior "Scent" Free for All Sa 8pm | | \$ 168 | Newcomers Tu 8pm | | \$ 469 | Sunset 11'ers Su | | \$ 100 |
| Extreme Makeover M 730pm | | \$ 51 | No Reservation M 12pm | | \$ 257 | Sunset 11'ers Tu | | \$ 285 |
| Federal Speaker Su 12pm | \$ 105 | \$ 279 | Noon Smokeless F 12pm | | \$ 65 | Sunset 9'ers Sa | | \$ 265 |
| Firefighters & Friends Tu 10am | | \$ 296 | Noon Smokeless M 12pm | \$ 40 | \$ 144 | Sunset 9'ers Su | | \$ 181 |
| Fireside Chat Group Tu 8pm | | \$ 37 | Noon Smokeless Su 12pm | | \$ 10 | Sunset 9'ers Th | | \$ 64 |
| Fireside Chat Sa 9pm | | \$ 103 | Noon Smokeless Th 12pm | | \$ 8 | Sunset 9'ers Tu | | \$ 110 |
| Franciscan Noon Disc M 12pm | | \$ 80 | Noon Smokeless W 12pm | | \$ 31 | Sunset Big Book Step Study Sa 730pm | | \$ 74 |
| Friday All Groups F 830pm | \$ 541 | \$1,864 | Off Broadway Book Th 730pm | | \$ 55 | Sunset Early Morning W 7am | | \$ 83 |
| Friday at Five F 5pm | | \$ 85 | Once An Alcoholic Th 715pm | | \$ 35 | Sunset Speaker Step Sun 730pm | \$ 279 | \$ 770 |
| Friday Lunchtime Step F 12pm | | \$ 223 | One Liners Th 830pm | | \$ 272 | Surf Tu 8pm | | \$ 636 |
| Friday Night Women's Mtg. F 630pm | | \$ 42 | Parkside Th 830pm | | \$ 397 | Ten Years After Su 6pm | | \$1,831 |
| Friday Smokeless F 8pm | | \$ 240 | Pax West M 12pm | \$ 600 | \$2,098 | The Drive Thru W 1215pm | | \$ 483 |
| Gold Mine Group M 8pm | | \$ 801 | Pax West Th 12pm | \$ 79 | \$1,123 | The Dry Dock Fellowship | | \$ 119 |
| Goodlands Su 2pm | | \$ 316 | Potrero Hill 12 x 12 M 630pm | | \$ 150 | The Lads Fr 730pm | | \$ 259 |
| Haight Street Blues Tu 615pm | | \$ 418 | Progress Not Perfection Tu 830pm | | \$ 183 | | | |

Continued on p. 19

profit and loss statement: September 2011

| | Sep 11 | Budget | Jan - Sep 11 | Budget | | Sep 11 | Budget | Jan - Sep 11 | Budget |
|--------------------------------|----------|----------|--------------|-----------|------------------------|----------|----------|--------------|-----------|
| Ordinary Income/Expense | | | | | Non-Bulk Postage | 0 | | 144 | 131 |
| Income | | | | | Bulk Mail | 0 | | 600 | 600 |
| Contributions from Groups | | | | | Total Postage | \$0 | | \$744 | \$731 |
| Group Contributions | 11364 | 12000 | 111572 | 123500 | Rent - Office | 3664 | 4664 | 35979 | 41976 |
| Honors | 41 | | 52 | | Rent - Other | 150 | 75 | 675 | 675 |
| Total Group Contributions | \$11,405 | \$12,000 | \$111,624 | \$123,500 | Access Expenses | 0 | 675 | 360 | 6075 |
| Individual Contributions | | | | | IFB Literature | | | | |
| Individual - Unrestricted | 25 | 1000 | 14053 | 9000 | Sunshine Club | 0 | | 0 | 105 |
| Faithful Fiver | 1640 | 1140 | 11065 | 10260 | IFB Literature - Other | 0 | 20 | 83 | 150 |
| Honorary Contributions | 555 | 370 | 3014 | 3330 | Total IFB Literature | \$0 | \$20 | \$83 | \$255 |
| Total Individual Contributions | \$2,220 | \$2,510 | \$28,131 | \$22,590 | PI/CPC | 0 | 20 | 49 | 180 |
| Gratitude Month | | | | | Filing/Fees | 0 | | 93 | 80 |
| Gratitude Month - Groups | 0 | | 4128 | 10400 | Insurance | 0 | | 2383 | 2915 |
| Total Gratitude Month | \$0 | | \$4,128 | \$10,400 | Internet Expense | 63 | 120 | 969 | 1080 |
| Sales - Bookstore | 9538 | 9500 | 84625 | 85500 | Office Supplies | 171 | 135 | 1336 | 1815 |
| Newsletter Subscript. | 11 | 30 | 307 | 270 | Paper Purchased | -5 | 180 | 2443 | 2070 |
| Total Income | \$23,174 | \$24,040 | \$228,815 | \$242,260 | Software Purchased | 0 | | 145 | |
| Cost of Goods Sold | | | | | Printing | 0 | | 38 | |
| Inventory Adjustments | 0 | | 40 | | Equipment Lease | 184 | | 4969 | 4731 |
| COGS Shipping | -201 | 31 | 367 | 279 | Repair & Maintenance | 1365 | 262 | 4896 | 2554 |
| Cost of Books Sold | 6984 | 6425 | 60180 | 57825 | Security System | 118 | 118 | 354 | 354 |
| Credit Card Processing Fees | 302 | 291 | 2896 | 2619 | Payroll Expenses | 5 | 40 | 450 | 355 |
| Total COGS | \$7,084 | \$6,747 | \$63,483 | \$60,723 | Telephone | 241 | 250 | 2155 | 2250 |
| Gross Profit | \$16,090 | \$17,293 | \$165,333 | \$181,537 | Phone Book Listings | 87 | 87 | 779 | 779 |
| Expense | | | | | Travel | 0 | 400 | 72 | 960 |
| Bad Debt | 0 | | 0 | | Training | 0 | | 25 | 25 |
| Sunshine Club/12th Step | 0 | 20 | 0 | 180 | Bad Checks | 0 | | 0 | 45 |
| Archives Committee | 0 | 20 | 0 | 150 | Total Expense | \$18,021 | \$19,463 | \$174,057 | \$187,051 |
| IFB Sponsored Events | 96 | | 708 | 1000 | Net Ordinary Income | -\$1,931 | -\$2,170 | -\$8,724 | -\$5,514 |
| Reconciliation Discrepancies | 0 | | 0 | | Other Income/Expense | | | | |
| Employee Expenses | | | | | Other Income | | | | |
| Deferred comp expense | 0 | | 7809 | 7809 | Interest Income | 180 | 205 | 1609 | 1835 |
| Wages & Salaries | 9322 | 9430 | 83570 | 84175 | Total Other Income | \$180 | \$205 | \$1,609 | \$1,835 |
| Employer Tax Expenses | 757 | 780 | 7772 | 7960 | Other Expense | | | | |
| Health Benefits | 1004 | 1300 | 12249 | 12200 | Depreciation Expense | | | | |
| Workers Comp Ins. | 799 | 792 | 799 | 792 | Dep. Exp: Comp/Off Eq | 207 | 207 | 1863 | 1863 |
| Total Employee Expenses | \$11,882 | \$12,302 | \$112,199 | \$112,936 | Dep. Exp. Furn./Eq | 6 | 6 | 54 | 54 |
| Professional Fees | | | | | Dep. Exp. Lease. Imprv | 371 | 165 | 3339 | 1485 |
| Accounting | 0 | | 1515 | 1750 | Total Deprec. Expense | \$584 | \$378 | \$5,256 | \$3,402 |
| Computer Consulting | 0 | 75 | 638 | 1130 | Total Other Expense | \$584 | \$378 | \$5,256 | \$3,402 |
| Total Professional Fees | \$0 | \$75 | \$2,153 | \$2,880 | Net Other Income | -\$404 | -\$173 | -\$3,647 | -\$1,567 |
| Postage | | | | | Net Income | -\$2,335 | -\$2,343 | -\$12,372 | -\$7,081 |

Central Office, 1821 Sacramento St., San Francisco, CA 94109

Write to THE POINT! — The Point Committee values your input

Or e-mail us at: thepoint@aasf.org

Treasurer's Report

In September, group contributions were \$595 under budget and individual contributions were \$290 under budget. Year-to-date, total contributions are \$6,335 lower than budget.

Bookstore sales were slightly over budget in September, and are \$838 (or 1%) under budget year-to-date.

Operating expenses for September were \$239 under budget primarily due to less rent expense and no committee and travel expenses. However, we did, have \$1,000 maintenance expense. Total operating expenses year to date are 6.9% under budget.

We had a deficit of \$2,334 for September, compared to a budgeted deficit of \$2,343. Year-to-date net deficit increased to \$12,371.50.

Unrestricted cash balance decreased by \$4,473 to \$18,644 which represents one month of average operating expenses.

The trend of lower than budgeted income (group/individual contributions and bookstore sales) appears to have continued in September by \$866. Ongoing communication to groups on the meaning of self support continues to be important.

OVERALL RATING: FAIR

Save the Date!

Saturday, January 28, 2012

Celebrate our Central Office's 65th Anniversary!

To get involved with the event planning or
to volunteer on the day of the event,
please email us at fellowship@aasf.org



| San Francisco Contributions | Oct. 11 | YTD | San Francisco Contributions | Oct. 11 | YTD | San Francisco Contributions | Oct. 11 | YTD |
|------------------------------------|---------|---------|---------------------------------------|---------|-------|--------------------------------------|-----------------|------------------|
| The Leaky Cauldron Su 1030am | | \$ 80 | Tuesday Big Book Study Tu 6pm | | \$128 | West Portal W 8pm | | \$ 83 |
| The Parent Trap 2 Wed. 430pm | | \$ 27 | Tuesday Downtown Tu 8pm | | \$ 14 | Wharfrats Th 815pm | | \$ 381 |
| The Pepper Group F 12pm | \$ 75 | \$ 198 | Tuesday Men's Pax Tu 12pm | | \$509 | What It's Like Now M 6pm | | \$ 300 |
| There is a Solution Tu 6pm | | \$ 214 | Tuesday Night Step Tu 7pm | | \$ 89 | Wits End Step Study Tu 8pm | | \$ 322 |
| They Don't Know Who We Are Sat 7pm | | \$ 100 | Tuesday Women's Tu 630pm | | \$ 15 | Women Living Sober Sa 10am | \$ 120 | \$ 240 |
| They Stopped In Time M 8pm | \$ 76 | \$ 76 | Tuesday's Daily Reflections Tu 7am | | \$285 | Women's 10 Years Plus Th 615pm | | \$ 1,120 |
| Thursday Downtown Th 630am | | \$ 62 | Valencia Smokefree F 6pm | | \$530 | Women's Kitchen Table Group Tu 630pm | | \$ 67 |
| Thursday Night Women's Th 630pm | | \$ 649 | Walk of Shame W 8pm | | \$283 | Women's Meeting There is a Solution | \$ 165 | \$ 399 |
| Thursday Thumpers Th 7pm | | \$ 100 | Waterfront Sun 8pm | | \$504 | Women's Promises F 7pm | | \$ 794 |
| Too Early Sat 8am | | \$1,344 | We Care Tu 12pm | | \$162 | Work In Progress Sat 7pm | | \$ 450 |
| Too Young Su 830pm | | \$ 16 | Wednesday Morning Men's Meeting W 6am | | \$100 | YAHOO Step Sa 1130am | | \$ 277 |
| Trudgers Discussion Su 7pm | | \$ 360 | Wednesday Noon Steps W 12pm | | \$ 37 | Total SF Contributions | \$ 7,283 | \$ 85,807 |
| TSWC | | \$ 26 | Weekend Worker Sat 7am | \$ 90 | \$ 90 | Total Contributions | \$12,456 | \$124,080 |

December 2011

Moving? Please Give Us Your New Address and Phone Number!!

| | | |
|-------------|-------|-----|
| NAME | | |
| NEW ADDRESS | | |
| CITY | STATE | ZIP |
| OLD ADDRESS | | |

You can also E-mail or Phone Us With Your New Contact Information

ISSUE 12.11

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